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Phoenix

The Student Newspaper Serving Governors State University

GSU ARCHIVES

Reduced Funding Contributes to Tuition Hike

Toni Cannon
Staff Writer

Returning GSU students suffered tuition "sticker shock" as they registered for the fall 2003 term. For some, only hours away from graduation, the tuition hike, at first glance, seemed to prevent enrollment for them. A good number of the 5500 students enrolled at GSU are also employees seeking advancement on the job. In some cases, these mid-career students are also parents of college students with double tuition to pay.

Other students, thinking they could no longer afford to pay tuition at GSU, may have considered transferring to another state university or dropping out altogether. But when students investigate tuition at other state schools, they soon discover surprising information: even with the tuition increase, Governors State University is still the best educational value for the programs offered in the state of Illinois. Even with the recent tuition increase at GSU, the cost of an education here ranks next-to-lowest in the entire state university system. Only Eastern Illinois University has tuition that is less expensive than that of GSU.

Barry Ryan, business operations and student financial services manager, says despite massive Illinois state budget cuts, tuition at GSU has only increased moderately over the past 3 years. In fall 2000 tuition at GSU for a full time, resident,

undergraduate student was \$1136 per quarter. Current tuition this quarter for students of the same status is more than \$1600.

The moderate tuition increase at GSU helped reduce the impact of the state budget cuts and softened the blow for students. According to Ryan, money is appropriated in Springfield for use across all state agencies, organizations and institutions. Funds for higher education come out of this appropriation, and are shared by all state universities in Illinois.

For the past two years, the government of the state of Illinois has reduced the funds available for the University's operating budget by \$4 million. Because of this, more than 25 percent of the staff left their jobs or retired since the end of fiscal year 2001. GSU administrators have valiantly fought to not only maintain programs and GSU curricula offerings with minimal disruption to the 5500-strong-student body and the university community at large. To sustain, and in some cases upgrade the quality of programs and services offered at GSU, and comply with the state budget mandates, a moderate tuition hike was the solution, according to Ryan.

Jeffrey Slovak, GSU interim executive director of budget, said the Illinois General Assembly and the Governor of Illinois, through the appropriations process, provide two-thirds of



Photo by: Anitra Fraiser

Participants in the Harvest Party sponsored by the Student Life office

the \$36,748,000 GSU operating budget. The remaining third of the GSU operating budget, or \$11,874,000, is provided by the University Income Fund. Tuition paid by GSU students constitutes the overwhelming proportion of this Fund.

President Fagan said that proposed state budget cuts were lessened by efforts of many university friends, including current students and

"Tuition" continued on Page 6

INSIDE THIS ISSUE:

Review of Red Ribbon Week.....Page 2

GSU Mourns for One of its Own.....Page 3

Music Reviews.....Page 4

Actress Interview: The Human Stain.....Page 5

Holiday Shopping Gift Ideas.....Page 5

Holiday Greetings to US Troops.....Page 6

Health Beat.....Page 7

Provost Forum Helps Address Student Concerns

Ontrell Bush
Staff Writer

The GSU Provost Forum took place on Oct. 30, 2003, giving the students and faculty the opportunity to discuss critical issues one-on-one with Dr. Paul R. Keys.

The forum is a larger version of the meetings conducted once a month with the students to discuss university concerns.

"It is a good mechanism for getting student input", said Paul Keys, Provost.

The forum was conducting in a question and answer format. The issues covered, ranged from the second graduation proposal in December 2003 to over priced text books.

The campus police also took the opportunity to hand out safety booklets on crime awareness.

According to the GSU website, the office of the Provost is responsible for "negotiation and management of the faculty contract, representation of the academic wing to the Board of Trustees, support staff to the Academic Program and Policy Committee of the Board, development of University policies, and management of the program review process."

The forum was free and open to all students and faculty. For more information on future forum's with Provost Keys, contact the Provost's Office at (708) 534-4980.



Photo by: Anitra Fraiser

Provost Keys addresses student and faculty concerns during a recent forum

AROUND CAMPUS

Student Life hosts Cancer Awareness Week

Jean Biba-Brown
Sr. Staff Writer

According to statistics from the American Cancer Society, over 211,300 women are expected to be diagnosed with breast cancer in 2003, with almost 40,000 patients succumbing to the disease. October marks the nineteenth annual Breast Cancer Awareness Month, as organizations push for better prevention and treatment options.

Student Life held a Cancer Awareness Event on Oct. 29-30 at GSU in the Hall of Governors. Director of Co-Curricular Activities and Volunteer Services, Vanessa Newby, initiated the activities last year to promote awareness of all kinds of cancers.

As a licensed massage therapist who volunteers her services to cancer patients, Newby has taken a special interest in promoting cancer awareness on campus.

"Each year I will try to build on it and make it a bigger event," said Newby. Newby also stressed

that the focus of the event will be on how organizations and businesses can help cancer patients improve their quality of life.

Pulling together organizations that offer services to cancer patients, Newby hopes to make students aware of the prevention and treatment of cancer.

"The event ties in with our goal of fitness and wellness in Student Life projects," Newby said. Organizations such as the Kankakee Health Center, the American Cancer Association, and the Cancer Support Center in Homewood will sponsor informational booths at the event. Businesses such as A Rich Life, Body Scapes, and Triple A provided information on such treatment services as acupuncture, the use of essential oils, and nutrition.

The Village Door also hosted a silent auction on both days from 10:00 a.m. to 7:00 p.m., with proceeds going to the Cancer Support Center. Students and faculty were encouraged to visit the booths and make a bid on the items in the silent auction.



Photo by: Yvonne Yowman

Students gather in the atrium for the Black Student Union's Ice Cream Social

Red Ribbon Week Focuses on Substance Abuse

Bob Bodemer
Staff Writer

GSU observed Red Ribbon Week, a national symbol of drug prevention, during the week of Oct. 20, 2003. The observance brings attention to drug abuse and prevention by the visible presence of red ribbons worn by American's across the United States.

The effort to bring Red Ribbon Week activities to GSU, rests with Vanessa Newby, director of co-curricular activities and volunteer services at GSU. While the campaign usually targets youths, Newby wants to get the universities 35

and older crowd's attention with respect to abuses of drugs and alcohol. Newby said, "I want to bring reality to the university that drug and alcohol abuse are still a major problem."

The event began as a grassroots campaign after the murder of

tortured by a Mexican drug cartel in hopes he would provide intelligence information about the United States efforts toward drug enforcement in their country. The cartel also hoped to identify informants used by the DEA.

Within weeks of Camarena's death his California Congressman, Duncan Hunter, and high school friend Henry Lozano, launched Camarena Clubs in California. Hundreds of club members pledged to lead drug-free lives to honor the sacrifices made by Camarena and others on behalf of all Americans, according to the DEA.

Local law enforcement officers are very aware of the Red Ribbon campaign. "The murder of agent Camarena made clear the lengths drug traffickers will go to protect their market," said Illinois State Trooper J a m a l Simington, a criminal justice

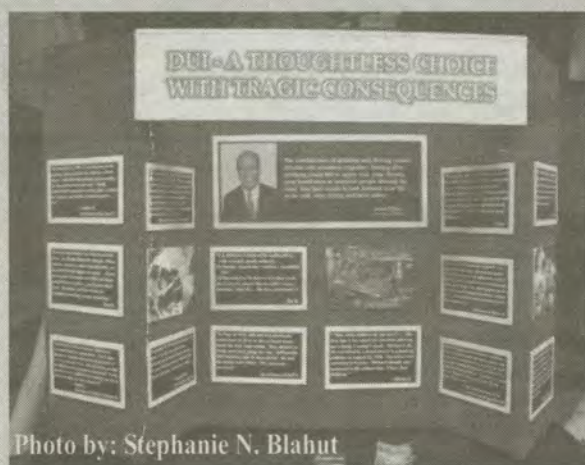


Photo by: Stephanie N. Blahut

DEA Special Agent Enrique Camarena. According to the DEA, Camarena was assigned to work undercover in Mexico. On Feb. 7, 1985, five men appeared at Camarena's side as he left his office to meet his wife for lunch and shoved him into a car. That was the last time Camarena, 37, was seen alive. One month later, Camarena's body was found in a shallow grave. He had been tortured to death. A subsequent investigation by federal agencies of the United States uncovered a web of corruption within the Mexican government. Camarena was kidnapped and

student at GSU.

Today, Red Ribbon Week is nationally recognized and celebrated. The Red Ribbon campaign also became a symbol of support for the DEA's efforts to reduce demand for drugs through prevention and education programs. Wearing a red ribbon during this week demonstrates American's opposition to drugs while also paying homage to all the men and women who have made the ultimate sacrifice in support of our nation's struggle against drug trafficking and abuse.

Fall Open House is a Success

Sharon Evans
Contributing Writer

The Fall Open House was the largest event for prospective students GSU has held. On Saturday, Nov. 8, 2003, registration began at 9:30a.m.; however, students began arriving at 8:00a.m.

The Open House began with registration and refreshments from 9:30a.m. to 10a.m. An overview of the day began at 10a.m. with opening remarks by Eric Martin, Assistant Provost. At 10:30a.m., faculty and academic advisors explained the university's degree programs and career paths. From 11:30a.m. to noon, the university's financial aid representatives explained and simplify the financial aid process.

"The financial aid presentation is one of the most important parts of the day," Polselli said in a GSU Press Release. "Financial aid often seems like a barrier to people, but it's not. It's the way to get through college without the hassles and worries over how to pay for it."

More than 500 students, family and friends visited the university. Information was available from GSU staff and faculty representing degree programs, and student affairs offices. Over 80 prospective students filled out applications and turned them into the office Saturday morning.

Students that are interested in volunteering to lead tours or answer questions from prospective students at the upcoming Spring Open House, please contact the admission office at 534-4490.

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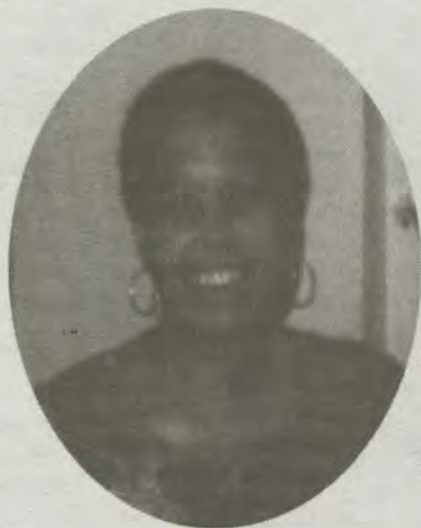
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GSU Says Goodbye to Dr. Mary Arnold

Jean Biba-Brown
Staff Writer



GSU lost one of its finest instructors and greatest humanitarians when Dr. Mary Arnold passed away on Oct. 4, 2003 after a long illness. Arnold was an inspiration to everyone she touched during her eight years at GSU. A well-published author of many articles, textbook chapters, and training videos, Arnold was best known as an advocate for students.

As an instructor for the counseling department in the marriage and family division, Arnold taught class just two weeks before her death. Even with an oxygen tank at her side, Arnold wanted to impart every bit of knowledge that she had to her students. Students were deeply touched by Arnold's desire to reach them even as she neared the end of her life.

"Many students spoke how they wouldn't be here if it wasn't for Dr. Arnold," said Dr. Catherine Sori of the counseling department. "There were numerous testimonials at her funeral from people whose lives were changed by her inspiration."

Sori views Arnold as not only a colleague, but a friend and mentor.

"Dr. Arnold was well-versed in teaching others how to care," said GSU President Fagan during a recent speech. "We lose a great colleague. We've lost a friend."

Arnold was an active participant of many organizations both locally and nationally. Named "Ms. Chicago" by Dr. Martin Luther King, Jr., Arnold was active in humanitarian and multicultural issues throughout her lifetime. Arnold was on the founding board of the Counselors for Social Justice and the Illinois Association of Couples and Marriage Counseling. She also mentored graduate students through the Association of Multicultural Counseling and Development.

Arnold was a member of various committees in the ACA (American Counseling Association) including the Governing Council, Strategic Planning, and Public Policy and Legislation Committees.

Arnold was also recognized for numerous awards throughout her lifetime, including the Wrenn Award for Humanitarian and Caring Person and Counselor of the Year (1999), the Faculty Excellence Award (1998), and the Ohana Award from the Association for Multicultural Counseling and Development (1995). Arnold will posthumously receive the Bea Wehrly Outstanding Human Rights Award from the ICA (Illinois Counseling Association).

Despite her busy schedule, Arnold always found time to help those her around her, often counseling gratis.

"Whenever she could help, she did for those who couldn't afford it," said Sori.

"My favorite memory of her is when we had our picture taken in front of the Statue of Liberty," said Sori. "She was Lady Liberty."

"We never lose the example of Dr. Arnold's strengths of caring and healing."
Dr. Stuart Fagan, President of GSU

"Although I will miss Mary, the spirit of who she was will long effect who I become."
Hugh C. Crethar, GSU

"She provided hope where there was none, she anchored meaning for those being tossed by the tides of life, and loved those who needed unconditional love."
Cyrus Marcellus Ellis, GSU

"Mary, your fearless love will propel us to soar above the limits and see what we could not see, the beauty of multitude."
Julia Yang, GSU

Sorenson Brings Dogme 95 Style to GSU

David Collins
Copy Editor

As part of the Distinguished Lecture Series, GSU hosted Michael Sorenson on Oct. 29, 2003 in the Sherman Recital Hall.

Sorenson, a Chicago-based film director, has received acclaim and Dogme 95 certification for his 2002 film *Converging with Angels*.

Sorenson's inspiration for this film was his disgust with the falsehood of the movie *Pretty Woman*. His response was to make a film that showed what he believed would really happen in a plot that crossed the lives of a sex worker and a wealthy businessman. His intent in *Converging with Angels* is to forge an honest understanding. It is reputed to be a powerful and harrowing 160 minute film, made even more real by its adherence to the Dogme 95 rules.

Dogme 95 is a movement in the film industry that sets out to make films more truthful and less superficial by bringing film-making back down to earth. It has ten strict rules known as "the vow of chastity" that demand tough restrictions. The film can use no extra lighting or filters, all footage and sound must be recorded simultaneously on location, the camera must be hand-held, no props may be introduced to the scene, and the director cannot be credited.

Ironically, Sorenson finds the Dogme 95 restriction to be freeing. He feels it has the

potential to turn the filmmaking industry into the wild West, where anything is possible and anyone with a low budget can join in.

Sorenson's desire for filmmaking was sparked by the 1971 comedy, *A New Leaf*, starring Walter Matthau. Aspiring to be a director since the age of 14, and making both features and documentaries, he believes that a filmmaker must be adaptable to survive into the future. His commitment is to the honesty of his art, rather than to fame and fortune.

Sorenson's next film, titled *Silence for Exile* is a story of two serial killers, and explores whether the mathematical law that two negatives equal a positive can be applied to human nature. This film will also strive to abide by the Dogme 95 commandments. Further into the future, Sorenson has in mind a project centered on the horrors of the Liberian civil war, which he witnessed first hand.

The lecture was concluded with a question and answer session, giving many of the aspiring filmmakers in attendance the chance to pan for gold from Sorenson's wealth of experience.

For more information or to contact Sorenson's company, Keynote Films/ARFLIX Inc., go to www.arflix.com. For more information on Dogme 95, visit www.dogme95.dk.

Apply for a Tuition Waiver!

Students in the
College of Business & Public Administration
are eligible to apply for a
Tuition Waiver for Winter 2004
if they meet these criteria:

- degree-seeking in CBPA,
- U.S. citizen and Illinois resident,
- registered for 6 or more credit hours in WI 2004,
- in academic good standing,
- not receiving any other financial aid, and
- meet the criteria for one of our awards.

To apply, contact Stephanie Wenzel at 708-534-4934 or s-wenzel@govst.edu

Application deadline is December 1, 2003.

Experiencing the Music of Corridor

Stephanie N. Blahut
Editor-In-Chief

They are five truly talented individuals from the south suburbs. The members include Bob Pechtold (singer), Dusty Veal (acoustic guitar, piano/keyboards), Dusty Thiel (electric guitar), Larry Walsh (bass guitar), and Mikey Noldsell (drums/percussions). Together they form the band Corridor.

All five members are graduates of Lincoln-Way High School; Pechtold is also a biology undergrad student at GSU. Pechtold said he has been at GSU for about two years, and is set to graduate in April 2004.

"I can't have a boring job. I need something that keeps my interest," said Pechtold.

When I first heard Corridor, I was listening to Pechtold and Veal play the acoustical versions of their songs. From that moment I was hooked. They expressed raw, untapped talent and emotion that I have felt has been lacking in new artists whom have yet to find their own musical identity. To sum it they showcase a soulful and passionate singer with acoustical bliss, a heartfelt rhythm and a hint of electric blues.

"I want it to be an experience when people come to our show," says Pechtold.

Noldsell says that he would like people to see their music from the aspect that "they can find the groove in any of our songs. Even people who don't have rhythm can say that's an awesome song."



Corridor members: (from left) guitarist Veal, singer Pechtold, and guitarist Thiel

Formerly dubbed the Potato Farmers (for the lack of a band name) at Lassen's Open Mic Night, the group stumbled upon Corridor as their official band name on their way home from ISU.

"We were coming home from ISU on I-55," said Pechtold. "We were trying to make titles for songs and Mikey had a suggestion for a song

called Corridor. We eventually did have a song called that too but I had suggested to Mikey maybe we should turn that into the name of our band."

As a whole, all of the members feel they have been influenced in some way by Led Zeppelin;

individually their musical influences range from Stevie Rae Vaghn to Bob Marley.

"The first person that ever sat me down on a drum set was my cousin when I was three years old," says Noldsell. His cousin, surprisingly enough, was John Panozzo of the band Styx. "He taught me my first rhythm."

So far, their audiences has been quite receptive of their music and the band has taken note.

"[We're] very happy with it," says Pechtold. Jokingly, Noldsell adds, "We're either really good or people are really nice."

They have played at Lassen's Open Mic Night numerous times; and on Nov. 8, 2003, did another show from 10p.m. until 2a.m. They performed original songs like, "I'm Interested," and "Ally," and also sang covers of Jimi Hendrix and Aerosmith.

They have a very unique sound, which is something I haven't heard in a new artist in a long time. Their music will take you on a journey through "emotional corridors" within yourself.

Corridor is currently working on a demo CD that they hope to have completed in the beginning of 2004. They are also working on getting shows at bars like Morgan's and the Arena. They are also open to playing at a GSU "Battle of the Bands," if the opportunity arises.

Lassen's Open Mic Night is every Sunday starting at 10p.m. Lassen's Tap is located at 2131 W. 183rd St., Homewood.

Sacred Love is a Beautiful Mix

Sabine de Laforcade
Freelance Writer

After being the lead singer and bassist of a rock band that now belongs to the Rock and Roll Hall of Fame, Gordon Sumner (alias Sting) has been running solo since the Police breakup in 1984. Throughout the years, his hard work has revealed that his talent goes beyond pure music. Sting has reached maturity, just like a good wine, and the result can be found in the superb *Sacred Love* that confirms once again that Sting is truly a gifted song writer.

With his tenth solo album, Sting takes us on a musical journey with love as our unique passport.

"Every man, every woman, every race, every nation, it all comes down to this, *Sacred Love*." Whether it concerns people who hide themselves and cry out for love ("Inside"), run away from failing relationships ("Never Coming Home"), are prisoners of love ("Stolen Car"), can't put the past behind them ("Forget About the Future") or are so deeply in love that the relationship seems like a religious experience ("Whenever I Say Your Name"), love is indeed everywhere in Sting's latest CD.

The theme of the album might be unidirectional; the sound on the other hand is plural. After experimenting beautifully with Middle-Eastern flavor in "Desert Rose," Sting proves that

he can mix perfectly world music, jazz and western pop rock. In "Send Your Love" the flamenco guitar of Vicente Amigo, as well as the castanets from Valerie Denys, invite the listener to dance and celebrate. This is especially true in the remix version by Dave Aude. The sitar of Anoushka Shankar in "The Book of My Life"

contributes to bring sensuality to the album. Voices as well create an intimate feeling as we listen to the harmonious duet with Mary J. Blige, the queen of Hip-Hop soul, in "Whenever I Say Your Name."

Although the tone of the album is definitely on the romantic side, anger is there both in the lyrics and in the rock guitar beats of "This War."

With *Sacred Love*, Sting proves that he is not only still on top of the game but also at the best of his musical and song writing skills, which may have to do with the simultaneous release of *Broken Music*, his autobiography. For those who are not convinced yet, keep in mind that Sting will be honored on December of this year with the 12th Billboard Century Award, the highest honor of the magazine for creative achievement. As John Mellencamp, the 2001 honoree said, "Sting is a great artist because he has been able to reinvent himself and his music but still remain true to his own original version."

I tend to agree with this statement and hopefully you will too after listening to *Sacred Love*.



Inspiration and Diversity All in One

Troy Roseborough
Staff Writer

When I was first handed this CD, I was only informed that it was gospel based. When I purchase or receive any CD, I normally open it up and play it. After listening to the album, I take a look inside at the cover jacket to learn more about the artist. What I found was not the history and biography, but instead I found the lyrics to her songs. After reading the lyrics I found a moving, emotional, spiritual and talented woman.

You've got to Believe is the debut album from songwriter/singer Gwen Jennier. Jennier is a Washington, DC native, but she grew up in Alexandria, Virginia. Jennier has worked

various jobs and experienced many trials and tribulations; however, her love for music has always remained a significant aspect of her life. She mentions that she has taken her inspiration from folk singers of the 60's and rock and roll icons such as the Rolling Stones and Tina Turner.

The title and first song on the CD, *You've got to Believe*, truly caught me off guard. The song is beautifully composed and performed. The guitar, background vocals and percussion are blended together to create a fantastic sound, which keeps the listener captivated and wondering what is coming next.

"Angel of the Night" caught my ear also. This song has the sound of the 60's in it. With the

background vocals and harmony it easily becomes a song that one could never tire of.

"I Need to Know" is another song that caught my attention. In this song she sings about the loss of her Cocker Spaniel. This song is not what you would expect to find on a gospel/religious CD, but the way it's portrayed by Jennier makes one reflect on the loss of a friend or loved one also.

I also enjoyed, "Rocking Horse." It has a country vibe to it and takes the listener down a path of remembering when as children we had no worries or concerns.

There is a song for everyone since Jennier uses a variety of styles ranging from folk, country, pop, rock, and somewhat dance vibes. One important fact that I have to mention is that her group is well put together and diverse, also she worked closely with Peg McCraw who helped with the lyrics on several of the songs.

Honestly, I enjoyed every song on this album and I could continue to elaborate about each song, however, if you're looking for something different, I suggest going to your local music store and picking up a copy. You'll find inspiration, good music and diversity all in one CD.

For more information on Gwen Jennier, please visit <http://www.collectedsounds.com/spotlight/gwenjennier.html>.



Lessons in Race Relations

David Collins
Copy Editor

Based on the novel by Philip Roth, *The Human Stain* is the story of Coleman Silk (Anthony Hopkins), an aging college dean, whose hard-fought life is wrenched away when he loses his job and his wife on the same day. Seeking justice, revenge, or peace, he turns to author Nathan Zuckerman (Gary Sinise), and finds solace in the arms and bed of Faunia Farley (Nicole Kidman). Through flashbacks to his youth as a college student, we discover that Coleman has kept a life-long and costly secret — he is a black man pretending to be white.

Race relations are the theme of this movie, manipulated in a masterfully original plot. Bigotry and political correctness are depicted as the two sides of a pathetically ignorant and unsympathetic coin.

The big names of the cast have taken on characters that are very atypical of their previous roles, yet this makes the movie all the more interesting. Kidman's character is less than glamorous as a tough but sorrowful victim of abuse, while Ed Harris is her angry,



Kidman and Hopkins in Benton's *The Human Stain*

confrontational and disturbed ex-husband. Coleman Silk probably is Hopkin's most flesh-and-blood human role yet, and is certainly his first role as an African-American.

The mother of young Coleman is played by Anna Deavere Smith. Smith is an actor (Nancy McNally, "The West Wing"), playwright, and teacher at NYU, who kindly took questions at a multi-college interview.

When asked about working with director Robert Benton, Smith said, "He's just so smart and so sensitive, he has such attention to detail.

"*Stain*" continued on Page 6

Hype Doesn't Amount to Much for *In the Cut*

Stephanie N. Blahut
Editor-In-Chief

If you have a picture in your mind of *In the Cut* being a good murder mystery complete with the typical high-maintenance, prudish Meg Ryan character we are used to seeing, you would only be half right. *In the Cut* is a good murder mystery; however, Ryan's character, Frannie, is anything but typical for Ryan.

In the Cut was written by Jane Champion (The Piano), and was produced by Laurie Parker and Nicole Kidman. I was surprised to see Kidman's name appear as producer. Kidman and Ryan frequently portray the quintessential prissy, "high-maintenance" female type of characters. In some ways it makes the hard-core, erotic roles seem a bit forced.

Also starring are Mark Ruffalo as detective Malloy, and Jennifer Jason Leigh as Frannie's half-sister, Pauline. Ruffalo brings a lot of mystique and charisma to every role I have seen him in, and this is no exception. He is very good at being very sexual. Leigh, on the other hand, plays her role as the usual loose emotional mental case.

Another notable contribution is that of unbilled actor, Kevin Bacon who plays Frannie's



Ryan and Ruffalo in *In the Cut*

ex-boyfriend. I grew up with movies like *Footloose*, where Bacon's role is of little substance. Over the years Bacon's roles have definitely become more complex and meaningful.

I was a little unnerved watching him portray a sadistic, abusive prison guard in *Sleepers* and an egotistical, killer scientist in *Hollow Man*. His character in *In the Cut* gives me chills; but on the up-side, there is a fantastic shot of his sculpted and toned body (give me a break everyone gets a little naked in this film).

At times the dialogue seemed extreme making it hard to relate to. I have not yet read the book *In the Cut*, but I have seen a

number of stories claiming that it doesn't follow it. Unfortunately, the story seemed a little choppy in the beginning and the ending is pretty far fetched.

In my opinion, *In the Cut* will make a worthwhile movie rental to see what the hype is all about; but don't expect it to rank amongst the murder-mystery classics.

For more information visit <http://www.sonypictures.com/movies/inthecut/index.html>. *In the Cut* is rated R for strong sexuality including explicit dialogue, nudity, graphic crime scenes and language.

Holiday Gift Giving Ideas

Christie Carney
Section Editor



Ready for the season's shopping? Perhaps not, but if you get started early, you can avoid the last minute rush at jam-packed malls. Here are just a few gift ideas, most of which might only set you back about \$20.

Books

Nov. 17, 2003

The Big Bad Wolf by James Patterson
Wolves of the Calla (The Dark Tower, Book 5) by Stephen King

DVD

Nov. 18, 2003

All the Queen's Men — PG13
Bad Bizness — R
Lara Croft Tomb Raider: The Cradle of Life — PG13
The Lord of the Rings: The Two Towers Extended Edition — PG13
Prince Charming — NR
Rescue Heroes: The Movie — NR
The Santa Clause 2 — G
The Scheme — R
The Sea is Watching — R
Second Nature — NR
Sinbad: Legend of the Seven Seas — PG
Tapped Out — R
Together — PG
Winged Marathon — G

Nov. 25, 2003

Bruce Almighty — PG 13
The Legend of Suriyothai — R
X2: X-Men United — PG13

CD

Nov. 18, 2003

The Beatles - *Let It Be ... Naked*
Britney Spears - *The Zone*
Tori Amos - *Tales of Librarian: A Tori Amos Collection*
Cyndi Lauper - *At Last*
Reba McEntire - *Room to Breathe*
Leann Rimes - *Greatest Hits*
112 - *Hot & Wet*

Nov. 25, 2003

The Lord of the Rings Soundtrack
Nelly Furtado - *Folklore*
No Doubt - *The Singles 1992-2003* \$12.98
Korn - *Take a Look in the Mirror*
Michael Buble - *Let it Snow*
Johnny Cash - *Unearthed (Box Set)* \$66.99
Jay-Z - *The Black Album*
Counting Crows - *Films About Ghosts*
Puddle of Mudd - *Life on Display*

Live Performances

Dec. 16-17, 2003 - Chicago Theater
Harry Connick Jr.
Nov. 19, 2003 - H.O.B. Chicago
Duran Duran
Dec. 22, 2003 - All State Arena
Dave Matthews and Friends

For more gift ideas or for holiday event listings, check out these websites:

www.metromix.com
www.ebay.com

www.amazon.com
www.ticketmaster.com

Lessons in Love, Lust and Popularity

Stephanie N. Blahut
Editor-In-Chief

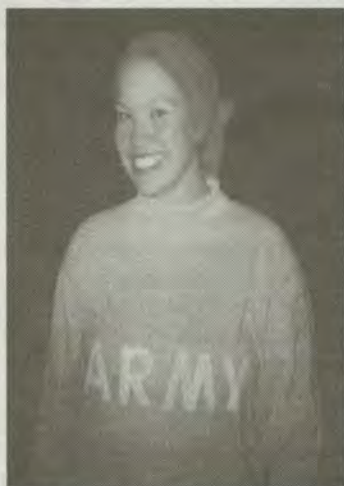
Warner Brothers's newest movie, *Love Don't Cost A Thing*, is a re-make of the 1987 comedy, *Can't Buy Me Love*. It stars Nick Cannon as the 'nerd-turned-hip' Alvin and Christina Millan as the popular and pretty Paris. The two meet when Paris wrecks her car. Alvin makes a deal with Paris to fix the car in exchange for her to pretend to be his girlfriend for two weeks. As Alvin gains popularity he begins to leave his true friends behind, and gains a professional athlete-sized ego.

The movie had a lot of snappy one-liners and humor especially that of Alvin's father Clarence, who is played by Steve Harvey. Clarence is somewhat obsessed with making sure his son's sex life lives up to the Johnson family name. Despite the lesson in lust, Clarence shares a kodak moment with Alvin when he says he is proud of his son. In general I probably wouldn't have been interested in seeing this movie based on the trailer or title, however, I did enjoy it. Cannon is a very charismatic and believable young actor. Harvey is hilarious!

Love Don't Cost A Thing is rated PG-13 for sexual content/humor.



Phoenix Staff Members Would Like to Send Holiday Messages to the Following Soldiers:



SPC Rachel Hernandez in Iraq

Submitted by Stephanie "Sam" Blahut

SPC Rachel Hernandez
220th Military Police Company
Home City/State: Denver, CO

Rachel,
I know this is hardly the way you
imagined spending the holidays; but
please take care and enjoy what you
can. We are all thinking of you! We
love & miss you very much!
-The Blahut Family

Submitted by Bev Barnes

SSGT Richard T. Barnes
111th Aviation Regiment,
6-6th Cavalry
Home City/State: Chicago Heights, IL

Dear Rick,
Although our physical presence evades you,
remember this. Your country, your friends
and your family have not forgotten you. You
are in our hearts and prayers every hour,
every minute and every second of each day
that passes. To you and the thousands of
men and women at your side, we wish you
a Merry Christmas. And, a New Year that
will bring about a happy homecoming for
all.

Love,
Dad, Mom, Jeannette, Jim and Becky



"Tuition" continued from Page 1

alumni who now serve in Illinois state government, and lobbied against even deeper budget cuts. Fagan said those that offered assistance include GSU alumni Senator Debbie Halverson, Senate Minority Leader Will Davis, and Congressional Representatives Scully, McCarthy, Novak and Neeley. They worked tirelessly in their efforts to reduce the budget cuts initially proposed by the state. Fagan said these state legislators know the benefit of a GSU education: either they or their family members are GSU students or alumni. GSU is very

fortunate to have influential friends in high places in state government.

Slovak said that at a recent community event where President Fagan was speaker, GSU alumni were quick to confirm their loyalty to GSU. According to Slovak, GSU is applauded for the excellent educational value it provides for ambitious students who are on a budget themselves. GSU alumni maintain that, despite the tuition increase, an education at GSU is still the best educational value in the state of Illinois.

Drill Tests Oak Lawn's Emergency Management

Terry Dugan
Staff Writer

As the sirens screamed by the intersection of 95th Street and Kostner Avenue, the ambient street lights seemed pale against the flashing of bright colored lights illuminating from the emergency vehicles.

On Oct. 17, city emergency services conducted a practice drill rehearsal for all emergency responders to come to the aid of a mock disaster at Advocate Christ Hospital, which is located at 4440 W. 95th St. More than 100 emergency personnel participated in the drill.

Clint Underwood, director of public safety for the hospital, said that it was a normal drill of operations after the disasters of Sept. 11, 2003.

"We are preparing for the city of Oak Lawn's first responder team to simulate a disaster that could occur," said Underwood.

Chris Ward, firefighter and paramedic supervisor with the Oak Lawn Fire Protection District, said that during his five years on the department he has never been so ready for a disaster. Ward has participated in over 50 emergency disasters drills throughout the year. He said that once the first response team has been dispatched to a disaster the Mutual Aid Box Alarm System (MABAS), which is the emergency communications system utilized to notify other municipal fire departments for their assistance, is activated. This system allows for the first responding fire department to call in any additional fire equipment or manpower, if applicable, to deal with the disaster, according to Ward.

"On a normal disaster team responding to a disaster, eight fire trucks, two police vehicles and three ambulances; which are broken down into two Advanced Life Support, (ALS), and one Basic Life Support, (BLS) respond," Ward said.

Another part of any preparation for a disaster is the readiness of the state's Emergency Management Disaster Team (EMDT). John O'Donnell, Battalion Chief for the Chicago Fire Department and supervisor for the EMDT Illinois Response Team, said that they are on continuous

watch and are prepared to interact with all Illinois municipalities. O'Donnell was responsible for the communications between the firefighters in the building and the ground-to-ground emergency response team designated at a specific portable location.

The monies allocated for budgeting all emergency programs for the city is governed by the Homeland Security Appropriation Plan sponsored by the federal government, said Jayne Powers, Village Clerk.

"Money is only allocated for emergency situations that could potentially stop the operations of the city," Powers said.

Within the fiscal period of 2003, Powers said that the government provisions would be activated that could range from \$25,000 to \$60,000 depending on the type of emergency and the population of the city at the time of the disaster. Powers also said these provisions would be in addition to the funds the city allocates, as required by law, to train and retain emergency personnel.

One of the highlights of the disaster drill was observing helicopter operations, sponsored by the University of Chicago Hospitals (UCAN). The helicopter is responsible for landing and removing critically injured patients, and transporting them to a state certified Trauma One Center at Christ Hospital.

Colleen Macuiak, registered respiratory therapist, said that she loves caring for the young patients that become the tragic victims of a disaster.

Along with Macuiak, Sheri Hey, registered nurse, accompanies Advocate's Hope Transportation Team, which transports all disasters patients to various hospitals in the Illinois area. Hey said that she receives a personal gratification for helping out individuals that cannot help themselves.

This disaster program is scheduled to be conducted every three months, said Hey.

"Preparing for the readiness of any potential disaster is the single most important element in saving lives," said Hey.

"Stain" continued from Page 5

He works very carefully; very slowly. He spends a lot of time with every take and he's very unobtrusive. He makes a suggestion, then he literally hides. He brings such an amazing fine knowledge to what he's doing, and his understanding of people and their interactions - the things that they've lost and the things that they had to lose. So I felt like I was working with a poet in motion."

Commenting on the criticism that Hopkins was a poor choice to play Coleman, Smith believes it is unrealistic to think a black actor could have been cast in Hopkin's role.

"In Hollywood, there is no light skinned black actor who would get the opportunity to carry a movie, the picture wouldn't get made. That has a lot to do with the way Hollywood has seen black men. [The actor] needs to be someone who you as the public think is white, and then you realize they're black," said Smith.

Smith also gave an insight to the inspiration for her work. She said, "I'm inspired by people, by what they've come from, whether it's a good thing or a bad thing. I'm particularly a people person. I get inspired by the potential that any of us have to make a difference. I try to encourage people to make a difference when they can, and I hope that this movie encourages you all to think about ways to make a difference in regards to the way we think about race in America."

The Human Stain is an emotional and suspenseful drama that studies and exposes the intricate symphonies of human life. It shows how the past so easily catches up and compels us to deal with it. The characters carry their baggage; it scars them and - for better or worse - it makes them who they are.

The Human Stain is rated R for sexuality, nudity and language. For more information, please visit http://www.miramax.com/the_human_stain/.

PHOENIX CONTACT INFORMATION

Phoenix General Office
708-534-4517
Phoenix@govst.edu

Phoenix Business Office (Ad inquiries)
708-534-3068
PhoenixAd@govst.edu

African-American Women Sought for Study

Press Release

CHICAGO – Rush University Medical Center is seeking African-American women with slightly elevated blood pressure to participate in a research study involving lifestyle physical activity. Sponsored by the National Institutes of Health, the study has been designed to determine if women who are not on medication can lower their blood pressure by adding small intervals of physical activity to their daily routine. African-American women, ages 18-45, who have slightly elevated blood pressure but who are not on medication may call (312) 942-6101 to get additional information about the study.

Women who take care of the entire household simply don't have the time to exercise or incorporate physical activity into their lives. The study will determine whether women with slightly elevated blood pressure who are not on medication may benefit from brief intervals of physical activity throughout the day.

Participants in the study will do 10 minutes of physical activity three times a day, five days per week. Routine activities such as gardening, housework, and leisurely walking will count as physical activity as long as they are done regularly and at a moderate level of intensity, said Beth Staffileno, DNSc, Assistant Professor, Rush University Medical Center.

The study focuses on African-American women because, as a group, they are especially vulnerable to high blood pressure, or hypertension, according to Staffileno.

The American Heart Association reports that more than 50 million Americans (or 1 in 4 adults) suffer from high blood pressure, and African-Americans tend to develop the condition more often and at younger ages than Caucasians.

Additionally, for African-Americans, the condition is generally more severe. Approximately 40% of African-American women are physically inactive, placing them at an increased risk because physical inactivity is a major contributing factor to high blood pressure. Less active, less-fit persons also have a greater risk for developing other chronic health problems such as heart disease, obesity, diabetes and cancer.

Those who participate in the study will receive physical examinations and lab work at no charge. To qualify, participants must have slightly elevated blood pressure in the range of 130-159/85-99, and not take blood pressure medication. Participants will be randomly assigned to either an exercise group or a no exercise group.

The study will take place over an 11-week period and will include three weeks of screening activities followed by eight weeks of study-related activities. Participants will be asked to come to Rush University Medical Center for at least 11 visits. Parking or travel expenses will be reimbursed.

For more information about the study please call 312-942-6101.

New Treatments For Coronary Artery Disease

Press Release

(NAPSA)-New research indicates there are a growing number of ways the seven million Americans with coronary artery disease (CAD) can manage their condition.

Medical professionals believe that many of the heart attacks that kill more than 500,000 Americans every year can be controlled or possibly prevented by changes in behavior, diet or with appropriate medical therapy or a combination.

Risk factors for CAD include high blood pressure, high blood cholesterol, smoking, obesity and physical inactivity. Consensus is that people with CAD can benefit from modifying their diet to one that is low in saturated fat and cholesterol, and adding exercise.

Recent research has shown that even moderate amounts of physical activity can reduce death rates from CAD. Medications-such as beta blockers and calcium channel blockers-have also proven to be beneficial.

A new therapy is on the horizon. Gene therapy introduces DNA into the patient's own cells which apparently stimulates the production of a natural protein that seems to initiate formation of new blood vessels. These new vessels may nourish the oxygen deprived heart muscle.

Dr. Douglas W. Losordo, an interventional cardiologist and thought leader in the area of gene therapy for the treatment of heart disease at Caritas St. Elizabeth's Medical Center in Boston is evaluating gene therapy as a viable option for CAD patients. His studies, which will ultimately include more patients, are testing a gene-therapy formulation called Vascular Endothelial Growth Factor 2 (VEGF-2) being developed by Coraetus Genetics Inc.

VEGF-2 is a vascular growth factor gene believed to stimulate the growth and migration of cells essential to the development of new blood vessels. VEGF-2 therapy proposes to treat severe coronary artery disease through direct injection into oxygen deficient cardiac muscle to increase blood flow back to the heart.

"The therapy requires further testing, but we are encouraged that we may eventually be able to help many severely ill patients," says Dr. Losordo.

Recently, Boston Scientific Corp. made a significant investment in Coraetus Genetics Inc. as part of a collaboration to develop and commercialize the therapeutic application of VEGF-2. Boston Scientific has obtained exclusive rights to distribute Coraetus' VEGF-2 gene products once regulatory approval is obtained.

Recent research shows that even moderate physical activity contributes to a healthier heart.

Healthy Living Tips & Information

Oils

Lisa Aponte-Soto
Staff Writer

This is the first of a series of health beat columns designed to keep you abreast on health trends, age-old tips for good health and healthy living. This week's column addresses the importance and benefits of fats for our everyday diet.

We have been alerted that the consumption of some fats equal increases LDL (bad) cholesterol, which promote cardiovascular diseases. In particular, trans-fatty acids and partially hydrogenated oils also known as "damaged" fats are produced when some fats are cooked, overcooked and/or processed. These are most harmful to us because they suppress the immune system and challenge the digestive and cardiovascular organs. They also speed the aging process.

Cooking fats at the wrong temperature depletes their nutritional value. This can take place when you reuse cooking oils or use burned/smoky oils which have lost all of its nutrients while cooking. It is best to discard used or burned oils, clean up and start over, because such products are indigestible. In time they can accumulate and cause life-threatening conditions, such as obstructions in your arteries.

All of this information can be confusing and may mislead some fearful consumers to completely cut fats from their diets. However, it is essential to know that fats are a fundamental part of a sound nutritional plan. The consumption of good oils helps maintain supple joints and promotes healthy skin.

Therefore, it is crucial to understand which oils are good for cooking as well as knowing and

using the safest cooking temperatures to prevent the product from losing its dietary benefits. Some oils, namely the Omega-3s, should not be heated. These include canola, soy, flax, hemp, and walnut oils. They are best used drizzled over salads, steamed veggies, and pastas, blended in spreads or energy drinks, and even as soup garnish.

Omega-6s are low-heat oils with a maximum cooking temperature of 212 degrees that make great marinades, such as peanut, safflower and sunflower oils. Olive, hazelnut, and sesame oils are monounsaturated fats or Omega-9s that are best for cooking foods in moderate heat at or below 325 degrees; such as sautéing, stir-frying, and marinating. Finally, butter, coconut, and palm oils are high-heat saturated fats that can safely be used for baking and deep frying at temperatures above 375 degrees.

According to Rebecca Wood, an award-winning cookbook author and cooking instructor, coconut oil is the only safe product to use for frying foods. She also recommends that all oils be refrigerated to preserve their shelf life, with the exceptions of olive, coconut, and palm oils, which should be stored at room temperature in a dark place.

If you have not heard of some of these oils, live a little. Treat yourself by experimenting with different oils in your meals. Your palate is your best critic. Healthy fats dissolve in your mouth and taste fresh, while unhealthy fats taste greasy and leave a film on your tongue. You can also use your other senses to appreciate the distinctive aroma of these oils by rubbing some on your finger tips.

The above information and additional health facts are available at www.BeNourished.com.



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GSU Activities in November and December

During the month of December, the materials on the Book Sale shelves in the Library will be \$.25 each.

Saturday November 22, 2003 8 p.m. The Chi-Lites and The Delfonics in an evening of Rhythm and Blues. Regular Ticket prices: from \$35-\$44. GSU two for one tickets will be for sale in the balcony area only, if available, on Friday. The GSU two for one tickets can be purchased in person at the Box Office beginning at 10 a.m. on Friday the 21st. The offer ends at 7 p.m. on the 22nd. If you prefer to buy advance seats for the show call the Box Office now at (708)235-2222 to receive a 10% discount right now.

Saturday November 22, 2003 11 a.m. Theatreworks/USA presents a NEW musical version of "A Christmas Carol." A delightful rendition of the Dickens classic fit for the entire family! All tickets regular price \$8.00. GSU two for one tickets

will be for sale for all seating areas on Friday. The GSU two for one tickets can be purchased in person at the Box Office beginning at 10 a.m. on Friday the 21st. The offer ends at 10 a.m. on the 22nd. If you prefer to buy advance seats for the show call the Box Office now at (708)235-2222 to receive a 10% discount right now.

Alumni Concert and Dinner - November 22. GSU's Alumni Association will host "An Alumni Concert and Dinner" starting at 6 p.m. Food and wine will be served at 6 p.m. in the university's Hall of Governors, then it's off to the Center for Performing Arts (just down the hall) for an 8 p.m. concert with The Chi-Lites and The Delfonics. This event is open to GSU alumni and guests. Tickets are \$62. RSVP by November 10. For more information, call the Alumni Office at (708)534-4128.

Board of Governors Open House - December 4. Learn how to turn your life experience into college credit at the Board of Governors Open House, from 6 p.m. to 8 p.m. For reservations, call (708)534-4092.

Lecture and Book Signing with Dr. Jon Carlson -- December 4. Dr. Jon Carlson will discuss his book *Time For a Better Marriage: Training in Marriage Enrichment*, which he co-authored with Don Dinkmeyer, Sr., at 6:30 p.m. in the university's Hall of Honors. He will also present "Nurturing, Initiating, and Sustaining Intimate Relationships" and be available for book signings after the discussion. Carlson is a noted relationship expert, author, television personality, counselor, and professor of counseling at Governors State University.

The Magic of Christmas -- December 6. This two hour spectacular features the world's greatest illusions wrapped in holiday cheer! Every child from 2 to 92 will gasp as Terry fills the stage with a magical indoor snowstorm. Nothing is impossible for those who believe in magic, especially the magic of Christmas. From the gifts of the wise men to the biggest present of all -- the unveiling of a 350 lb. royal Bengal tiger! Make this holiday season more memorable with the "Magic of Christmas."

The show starts at 8 p.m. For tickets, visit the Center for Performing Arts website at <http://www.govst.edu/center/mainstage.html>.

GSU Information and Registration Session - December 8. GSU's Division of Extended Learning will hold an information and registration session from 10 a.m. to 2:30 p.m. in the atrium of the James R. Thompson Center, 100 West Randolph Street, Chicago. For more information, contact Barb Davis at (708)534-3044.

The Nutcracker Holiday Ballet - December 13. Shows at 1 p.m. and 5 p.m. For tickets, visit the Center for Performing Arts website at <http://www.govst.edu/center/mainstage.html>.

Art Gallery hours are 11 a.m. to 4 p.m. Monday through Thursday. For information, call the Art Gallery at (708)534-4021. "Digital Images, Paintings & Drawings" - November 12 through 26.

Skills Identification Workshop. Nov. 20, 2003 at 7:30 p.m. in Engbretson Hall. For questions contact the Career services Office at career@govst.edu or at (708)235-3974.

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